



UW Autism Center

"Dedicated to improving the lives of individuals with autism and their families through intervention, education, professional training, and research aimed at effective treatments, prevention, and cure."

Felice Orlich
December 8, 2005

Motivating factors

- Dearth of services
- Family report
- Need for evidence based approaches to treatment
- Wait-lists across major centers and community providers—professional training

NRC Recommendations Regarding Intervention

- **Services begin as soon as ASD is suspected**
- **Services should include a minimum of 25 hours per week, 12 months per year**
- **Systematically planned, developmentally appropriate educational activity toward identified objectives**

NRC

- **Priorities to include:**
 - **Functional spontaneous communication**
 - **Social instruction delivered throughout the day in various settings**
 - **Cognitive development and play skills**
 - **Proactive approaches to behavior problems**
- **Setting should include typically developing children**

Characteristics of Effective Programs (NRC)

- **Early entry into an intervention program**
- **Active engagement in intensive instructional programming for the equivalent of a full school day, including services offered at different sites**
- **Use of planned teaching opportunities in chunks appropriate to the child**
- **1 to 1 or very small group instruction to meet individualized goals**

Clinical program

- Provide state-of-the-art coordinated clinical services for children birth to late adolescence
- Increase capacity for services in the community through training
- Increase public awareness and education about autism through informational and outreach activities
- Serve children birth through 18 years of age

Comprehensive Care Model

- **Pediatrics**
- **Psychiatry**
- **Psychology**
- **Applied behavior analysis**
- **Speech/language**
- **Occupational therapy**
- **Gastroenterology**
- **Sleep specialist**
- **Referrals and collaboration**

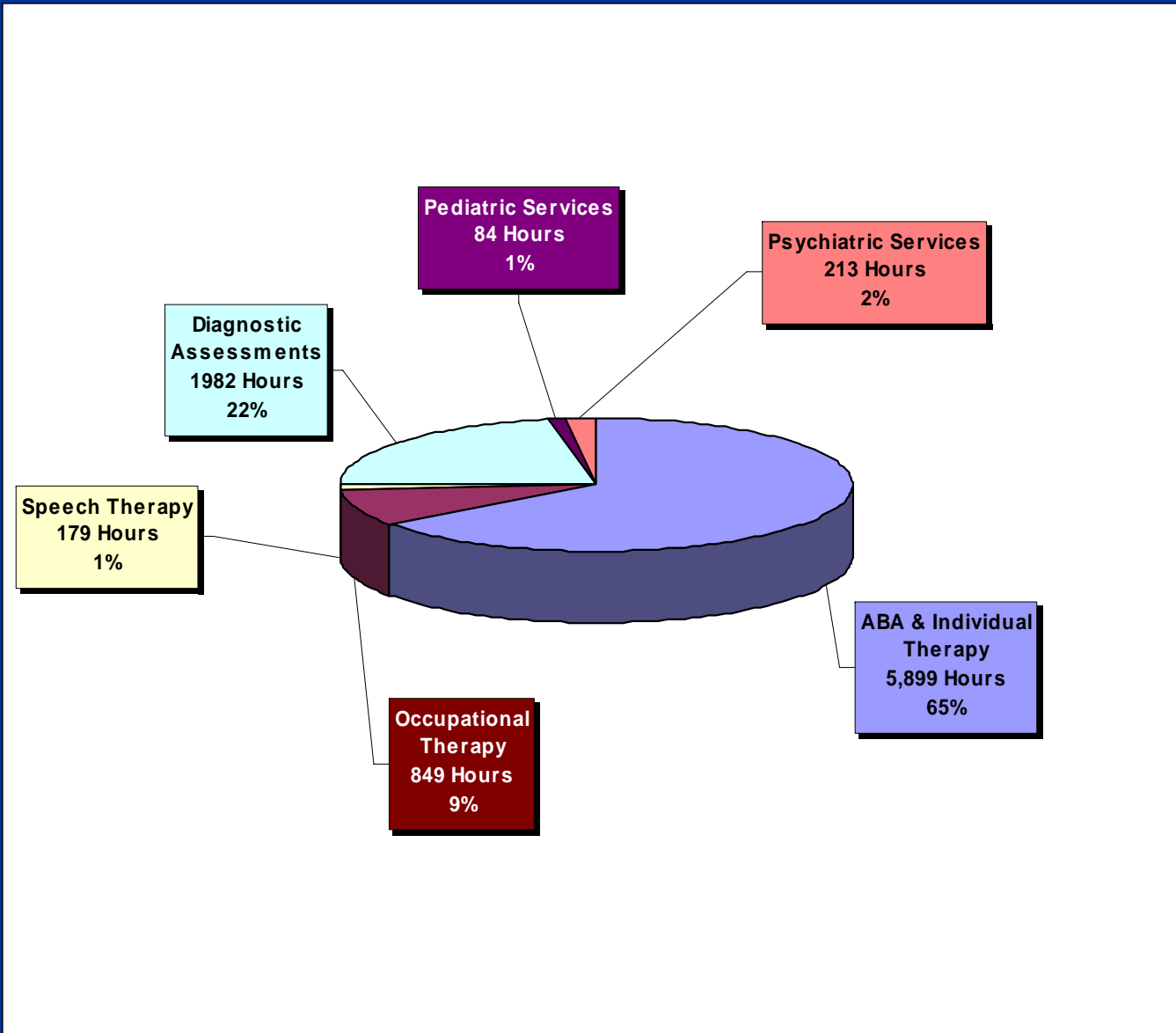
Services provided July, 2004 – June 2005

- **Clinical program**
 - 351 families
 - 6,054 hours of clinical service provided
 - 3,345 hours of behavioral intervention
- **Research program**
 - 299 families
 - 3,152 hours of clinical service provided
 - 2,554 hours of behavioral intervention

Total services provided July, 2004 – June 2005

- **> 600 families served by Center staff**
- **9,206 hours of clinical service provided**
- **5,899 hours of behavioral intervention provided to families**

Types of services provided



UW Autism Center: Early Intervention Best Practices Model

- **Mostly ABA but use variety of approaches depending on target skill**
- **Individualized treatment approach**
- **Focus on generalization and naturalistic strategies**
- **Tailor programs to family and child's needs**
- **Programs designed by UW Staff**
- **Train TA's and/or parents to implement programs with each child**
- **Assess child's progress and make changes to programs regularly**

Diagnosics

- First time diagnosis
- Re-evaluation for services
- Neuropsychological assessment
- Pediatric, sleep, GI and psychiatric assessment

Treatment of school age children

- Individual therapy
- Group therapy
- Teen mentorship program

Joined Autism Treatment Network

- The Autism Treatment Network (ATN) is a national nonprofit organization designed to support collaboration to improve treatment for autism.
- ATN is the nation's first network of autism centers focusing on the study and advancement of treatment for individuals with autism.
- ATN will help develop treatment guidelines on the care of individuals with autism.
- Participating Centers:

Baylor College of Medicine, Houston, TX

Cleveland Clinic, Ohio

Columbia University Medical School, NY

Kennedy Krieger Institute, Johns Hopkins University

Massachusetts General Hospital for Children

Oregon Health & Science University

University of Washington, Seattle

Autism Treatment Network

- **Collaboration with medical specialists in GI, sleep, genetic/metabolic disorders**
- **Dr. Dennis Christie, Dr. Yemi Kifle**
- **Monthly clinic with specialists**
- **Data base of patients will be established**

Building capacity through training

- ***Center trainees***

- *Neurology and pediatric resident training*
- *Postdoctoral clinical psychology fellowships*
- *Occupational therapy student training*
- *Psychology graduate student practicum*
- *Early intervention therapists*

- ***Community training***

- *Summer intensive program (85 individuals)*
- *School professionals practicum*
- *Educational programs at middle and high school level*
- *Workshops and in-service training*

UW Early Start intervention project

G. Dawson and S. Rogers

- **Funded by NIH STAART Centers program**
- **Intervention begins at 18-24 months**
- **2 year intervention – 25-30 hours per week**
- **Early STAART Denver Model: Combines traditional behavioral approaches (ABA) with relationship based approaches (social play)**
- **\$2.5 million free clinical services provided**
- **Examining early biological characteristics that can help explain variation in outcome**

Barriers

- Access—wait list time
- Insurance
- State-wide funding
- Dearth community professionals

Supports needed

- Professional training
- Regional programs
- Statewide networking